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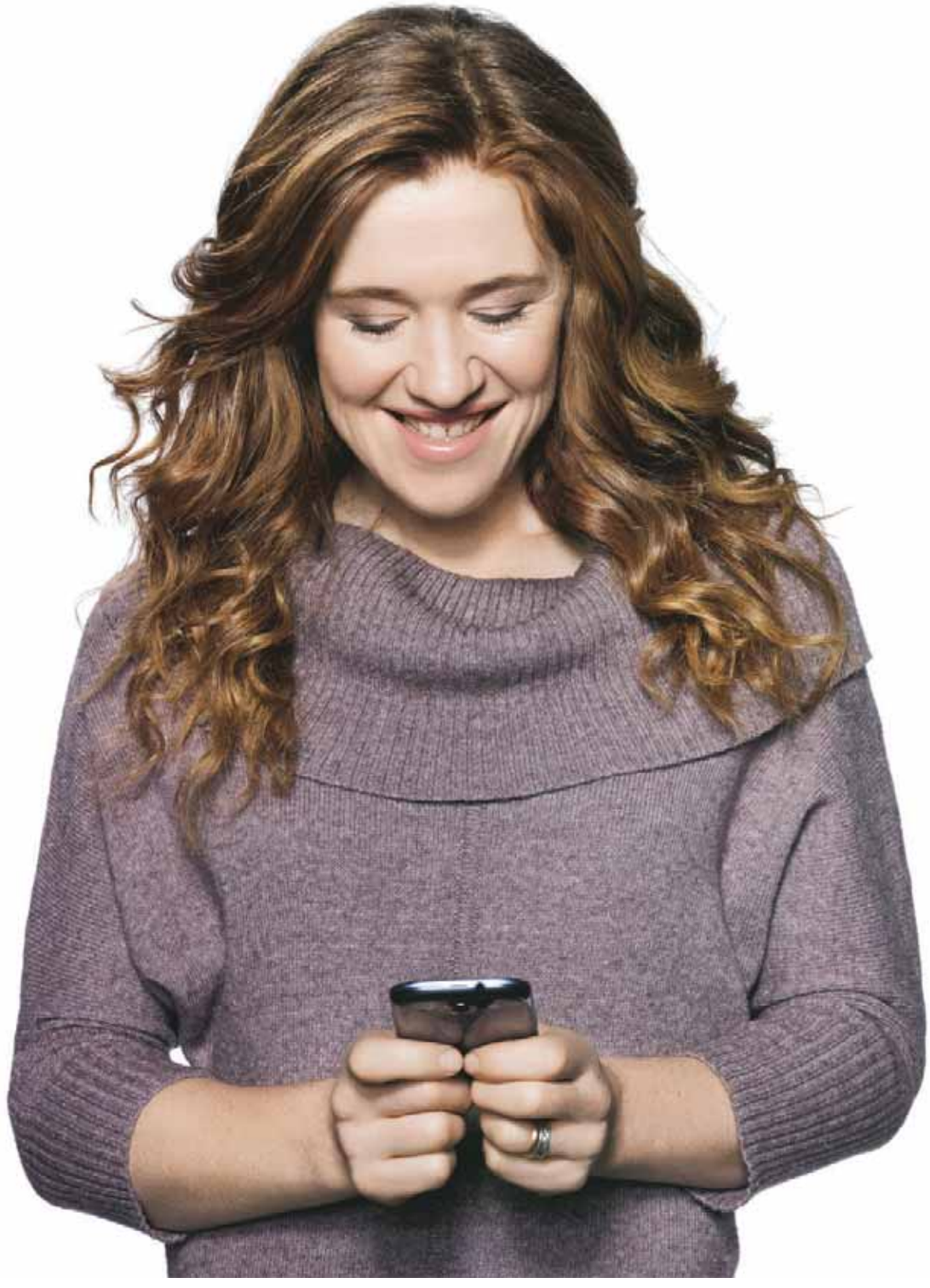

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GOVERNMENT GIVES GROUND IN UKRAINE

PRESIDENT OFFERS TO KILL HARSH ANTI-PROTEST LAWS, WHICH ESCALATED SKIRMISHES BETWEEN THE PROTESTERS AND POLICE PAGE 10

Raptors come to life in the dying seconds

Nets fumble a three-point lead with 17 seconds left as Toronto's John Salmons and Patrick Patterson push hard until time runs out PAGE 25

Marriage ain't got a lifetime warranty, boy

According to a local couples therapist, more and more retirees — particularly older women — are leaving their partners after decades PAGE 21

It must be Thanksgiving — just look at all this gravy!

Mayor Rob Ford says he's found $50 million in easy cuts — somewhere PAGE 3

A HUGE BASH, BUT FOR JAY-Z ... IT WAS MONDAY

What a life: just one day after performing with superstar wife Beyoncé at the Grammy Awards — and picking up a few trophies — Shawn Corey Carter (a.k.a Jay-Z) lit up the Air Canada Centre on Monday as part of his Magna Carter World Tour. The rap giant performed hits old and new, delighting a sold-out crowd. TOM PANDI/FOR METRO

New app watches the watchmen

Cop Watch. iPhone app records incidents with police — and posts to YouTube automatically

When Sammy Yatim was gunned down by police on a Toronto streetcar last summer, the whole world could witness it on YouTube.

Countless clips were posted during the 2010 G20 Summit protests in Toronto. At least one, depicting the police attack on Adam Nobody, resulted in a 45-day jail sentence for an officer.

But well-publicized incidents such as these are not what inspired Darren Baptiste, 46, to create Cop Watch Toronto, which was released last week on iTunes.

"Sadly, it's been years and years of seeing violence in (the black) community," he said. "Only the fatal ones get serious media attention, but there are dozens and dozens of incidents that happen that get no attention at all."

The app, which costs 99 cents, is not a new concept. In the U.S. last year, similar apps have been released, such as Stop and Frisk Watch for New Yorkers.

Cop Watch begins shooting automatically once it's opened — and as soon as the recording is stopped, instantly uploads it to YouTube.

The right to record

There is nothing that legally prevents Canadians from recording police, so the Cop Watch Toronto app also includes reference documents just in case citizens need to bone up on their rights.

At the same time, an email is sent to the community-based Network for the Elimination of Police Violence, with the videographer's location and a URL for the video.

Baptiste said he had the idea years ago but was reluctant to actually launch it until he felt it would be properly used and understood.

According to Toronto police spokesman Mark Pugash, rapidly evolving video technology can catch cops in illegal acts but can also serve to help solve crimes.

"I speak to large groups at our police college and I have been telling them for years that they have to operate on the basis that, wherever they are, somebody may well be taking images, recording them," he explained.

"Without the videos of Rob Ford, would anyone have believed he was involved in drug and alcohol abuse? I don't think so," says Carleton University criminology professor Darryl T. Davies.

TORSTAR NEWS SERVICE

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Inflation, you say?

Minimum wage hike expected

Ontario's Liberal government will move quickly to raise the $10.25 an hour minimum wage to catch up with the cost of living since it was frozen four years ago, sources said Monday.

Sources said there would be an announcement this week to hike the minimum wage based on the annual inflation rates since 2010, which ranged from 0.9 to 2.9 per cent.

Premier Kathleen Wynne wouldn't confirm the size of the increase at a news conference. "What you're trying to do is come at the number from any angle, but I'm not going to take the bait," she joked.

The Ontario Chamber of Commerce had recommended future changes in minimum wage be tied to the rate of inflation, but the Canadian Federation of Independent Businesses was not happy with the prospect of any increase.

THE CANADIAN PRESS

'Game changer'

Invention sterilizes hospital rooms

A growing number of patients are infected in hospitals — now the fourth leading cause of death in Canada. Two Canadian doctors have developed a vapour-based disinfectant called AsepticSure that gets into the nooks and crannies that are missed in manual cleanings and kills practically 100 per cent of bacteria. "This is a game changer," said co-inventor Dr. David Zoutman. "If adopted widely, it could change the face of health care." TORSTAR NEWS SERVICE

Leaping lizards, it's gone to the dogs!

Melanie McKee, a dog walker with Happy Dogs Waggin' Tails, plays with her clients' dogs on a frigid Monday afternoon at the Kipling dog park, an off-leash zone near Kipling and Dixon Road. Toronto is back in the deep freeze, with bitter wind chills and bone-chilling overnight lows of -20 C for the next few days, with no relief in sight until Thursday, when the high is forecast to hit a frosty -4 C.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Ford says he's found $50M in 'gravy'

Talking turkey. Mayor says cuts would have 'little impact to services,' but won't say where they come from

Rob Ford is claiming to have found $50 million in gravy, but his critics say the mayor is playing politics and is doing no work to ensure his proposed cuts have a chance at passing.

"If the mayor actually wants to garner support for any of his motions, I think an earnest person who really wants to see a motion passed would speak with their colleagues and try to convince them," said Coun. Josh Matlow, a centrist.

The mayor has refused so far to say where these cuts might come from, only that they would have "little impact to services." At last week's executive committee meeting, Ford dropped some hints, grilling city staff about outstanding parking ticket and library fines, community grants funding and staffing levels, especially in the 311 department.

Said Coun. Josh Colle, "I suspect they'll be motions that he doesn't necessary expect to win on" or that don't actually produce the "promised savings" if scrutinized, which no one has been able to do because of Ford's silence.

It all but ensures none of his motions will pass, Matlow said.

"To simply spring a $50-million budget cut on council without any opportunity to understand what the repercussions of those actions might be, how services would be impacted, it just doesn't seem like a sincere move on his part," he said.

At a news conference Monday, Ford defended his strategy, saying most councillors "stabbed me in the back" and won't support him regardless. "Why pick and choose a few councillors and let them know what's going on? It's better that all the councillors know."

Wednesday's council meeting is shaping up to be a dogfight, even though most of the budget is not contentious. The toughest issue will be the property-tax increase.

Last week, the executive committee approved a 1.75-per-cent hike, including 0.5 per cent needed for the Scarborough subway. But Ford has framed it as a 2.23-per-cent increase by including a mandatory 0.5-per-cent hike that is typically left out of the debate.

TORSTAR NEWS SERVICE

In other Ford news ...

The mayor arrived at the Toronto Region Board of Trade's glitzy annual dinner Monday amid confusion over whether he was actually invited, only to hear a drubbing from the high-powered board's president about "distractions" and "the question of leadership."

- Deputy Mayor Norm Kelly's message and photo took the place in the program usually reserved for the mayor.

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If you are 'H.J.D.' this may be your ring

1979. Just a boy when he found the silver high school ring, John Slade is now a man on a mission

The answer to a 34-year-old mystery could come soon for John Slade.

Back in 1979 Slade found a ring when he was nine, walking to his elementary school in Brampton, when he saw something silver in the grass on Herkley Dr. It was a class ring from 1978: "Overlea S.S." on the outside, the initials "H.J.D." on the inside, the school's cougar mascot, a purple gemstone.

He wrote out some Found posters and taped them to light poles the next day. He got no response.

And then he put the ring in a box and didn't really think about it for 20 years, when something inside told him to renew his childhood search for H.J.D.

It did not go well.

He called the ring manufacturer in Alberta, visited the Scarborough school, even showed up unannounced at the Muskoka home of a retired Overlea principal.

Discouraged, Slade took a break for more than five years. But he picked up the hunt again a few weeks ago.

Slade has been told an email will go out to the 1,500-odd people in the Overlea alumni association database this week.

The purple gemstone leads Slade to believe H.J.D. was born in February. He wants to give the ring back by February. He thinks it would make a good birthday gift. **TORSTAR NEWS SERVICE**

John Slade with the ring he found in 1979. TORSTAR NEWS SERVICE

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Report. Global millionaires push Toronto luxury home market to new heights

Sales of luxury homes hit record levels in more than two-thirds of Canadian cities last year — including Toronto — thanks to surging stock markets, renewed consumer confidence and shortage of enough showcase homes to meet demand, according to a new report by ReMax realty.

Even Hamilton/Burlington, Kitchener-Waterloo and London-St. Thomas smashed previous sales records for high-end properties in 2013, says the report released Tuesday, which looks at trends over the last five years.

The demand for showcase homes in most of Canada's major cities reflects a trend that's taken hold in major global cities as economies have started to rebound, stock markets have surged and, along with them, the number of the world's millionaires, which now stands at about 12 million people worldwide who have more than $1 million US to invest.

"Canada's luxury housing market has undergone serious transformation in recent years," says ReMax vice-president Gurinder Sandhu. "The market is maturing and the appetite is unprecedented."

Even condos are commanding sky-high prices.

Bidding wars

Competition for homes has been especially fierce among high net worth house hunters in areas like Rosedale, Forest Hill, Lawrence Park, Bridle Path, Hogg's Hollow and Oakville, the report says.

Some 92 condos sold for over $1.5 million across the GTA in 2013, up from 80 a year ago, says ReMax. And there was a 75 per cent jump, year over year, in the number of condos, 49 in total, sold for over $2 million — the priciest being an almost 3,500 square foot, $6.3-million Yorkville condo.

Across the GTA, where a shortage of all price ranges of lowrise houses are impacting prices, realtors such as Barry Cohen are seeing an unusual phenomenon play out even in homes listed over $1.5 million — bidding wars.

Cohen expects high-end sales across the GTA to break records again this year, driven largely by wealthy locals looking to move up and international investors looking for a safe place to park their money, and their family. **TORSTAR NEWS SERVICE**

Hog farmers

Deadly pig virus could cost industry millions: Group

A deadly pig virus that has infected at least two Ontario farms could cost the Canadian pork industry tens of millions of dollars if it spreads across provincial borders, a group representing Ontario's hog farmers warned Monday.

Officials announced a second case of porcine epidemic diarrhea was confirmed this weekend in a farm in Chatham-Kent, as well as a possible third case in the same region.

The first case, a farrow-to-finish farm in southwestern Ontario, was found last week — a discovery that heightened concern among the country's hog producers.

"We do anticipate that this will be tough on our industry. It's all going to depend on where it goes from here," said Amy Cronin of Ontario Pork.

THE CANADIAN PRESS

Two passengers get a little too friendly on flight

Other travellers began to complain and the RCMP was called when two passengers on an Air Canada flight Friday night got a little too frisky.

Police met flight 610 when it arrived in Halifax from Toronto around 5:30 p.m. Crew members identified a 24-year-old woman and a 38-year-old man as the people who allegedly "engaged in a sexual act" during the flight, said Cpl. Scott MacRae, spokesman for Halifax RCMP.

The sex act was not intercourse, MacRae said, noting the people involved still had their clothes on, though the clothing was partially open.

"People were not naked by any means," he said.

The situation escalated when officers tried to investigate and the women became "upset and disruptive," and kicked a police officer, MacRae said.

"The woman was very belligerent and continued to be verbally abusive," he said.

No one was injured.

Police arrested the woman, who is from Porters Lake, near Halifax. She spent the night in custody, and is facing charges of assaulting a police officer, causing a disturbance and mischief. Police have not released her name.

The man was released at the airport. Police have not said where he is from.

The investigation into what happened on the plane is ongoing, and additional charges may be laid.

MacRae said he wasn't sure if the amorous pair knew each other before the flight.

Police believe alcohol played "a little bit of a role" in the incident, MacRae said. TORSTAR NEWS SERVICE

Mile high misbehaving

- Last year, a flight bound for the Dominican Republic was diverted to Bermuda when a Cape Breton family on board was accused of smoking.
- A pair of intoxicated RIM executives caused a ruckus on a flight from Toronto to Beijing. One of the men chewed through his plastic restraints, and the plane was forced to make an emergency landing.

Police say alcohol played "a little bit of a role" in the apparent frisky behaviour of two Air Canada passengers who may or may not have known each other on the Toronto-to-Halifax flight. VINCE TALOTTA/TORSTAR NEWS SERVICE

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GTAA 'ground stop' review

Airport authority launches site for passenger feedback

Toronto's airports authority has launched a website for passengers to vent their frustrations about the Jan. 6 "ground stop," and will include the comments in an ongoing review of the incident.

The website — Your Airport, Your Say — allows travellers who were delayed to share their experiences and offer recommendations. It is also open to members of the general public and Toronto Pearson employees.

The GTAA recently announced a review of the ground stop, which banned all North American flights from landing for more than 11 hours. TORSTAR NEWS SERVICE

Rob Ford emerges after being stuck in an elevator. THE CANADIAN PRESS

Refunds issued after elevator mishap

The Economic Club of Canada has issued a full refund for guests who attended Mayor Rob Ford's lunchtime speech turned mystery caper last week.

Last Thursday, close to 200 people gathered at the $89-a-plate lunch at the Hilton Toronto to hear Ford's campaign-style speech. They spent most of their lunchtime wondering where Ford was. Ford was trapped in a freight elevator, without cellphone reception, for 45 minutes.

"I feel it's our responsibility to make sure our guests feel as though we're trying to make every effort to ensure their time is considered and that they're getting in and out in an efficient manner," says Rhiannon Traill, president and CEO of the Economic Club of Canada. "It doesn't matter whose fault that is; I take the blame as the president."

Traill was one of the few to know the mayor's whereabouts, having herself been stuck inside the elevator with him. With no cellphone reception, the purgatory lasted 45 minutes. One table of diners stood up and left, while others grumbled about Ford's apparent tardiness. TORSTAR NEWS SERVICE

Will it be ready? Canadian course builder leaves 'thrown together' Sochi

A Vancouver ski and snowboard course builder has left Russia after a less-than-stellar welcome to the Olympics.

Johnnie Balfour was hired to help shape courses for the 2014 Sochi Games, but decided not to stick around after a few days living in a dirty hotel room, commuting for two hours along flooded streets and questioning whether he'd be paid, according to his blog.

"I for one can't afford to take the gamble and hope that I will be paid. It is just too big of a risk for me," he wrote in a post that went viral.

Johnnie Balfour
TUMBLR.COM

Balfour also doubted whether Sochi would be ready for the Olympics' Feb. 6 start date.

"This entire place was built in the last few years, it looks nice at first glance but look a little closer and you can see that it was just thrown together."

EMILY JACKSON/METRO IN VANCOUVER

Political Games? Tories to deliver federal budget during Winter Olympics

If there was any doubt the upcoming federal budget would be a low-key affair, the Harper Conservatives erased it Monday by announcing plans to deliver their new spending plan during the Winter Olympics.

Finance Minister Jim Flaherty said he'll table the budget on Feb. 11, when many Canadians are likely to be focused on Sochi and hoping for gold-medal performances from their Olympic heroes.

New Democrat Leader Tom Mulcair quickly accused the Conservatives of seeking to avoid public scrutiny of what he predicted would be a no-news, austerity-driven budget, bereft of plans or programs to help create jobs.

"People need help now and the Conservatives should be acting now," Mulcair said.

"But it's quite obvious that they're holding everything in abeyance so that they can have a good-news budget next year, try to claim — without ever having to measure it — that they're heading for a balanced budget and announce all sorts of things." THE CANADIAN PRESS

TransCanada crews work on a gas pipeline leak that occurred just outside Otterburne, Man., Monday. JOHN WOODS/THE CANADIAN PRESS

Manitobans keep warm after blast

Resiliency. Many residents get creative after pipeline explosion leaves them without heat for third day

Many of the 4,000 residents of southeastern Manitoba affected by a natural gas pipeline explosion proved to be creative and resilient as they entered a third day without heat Monday.

Steve Cope was using an electric fireplace and space heaters to keep his Niverville home warm as the temperature outside dipped to near -30 C.

"One (heater) we've got actually facing the cold-air return on our furnace, so it's kind of blowing that air into that cold-air return. And we have the fan running on the furnace so it's kind of circulating throughout the house," Cope said.

TransCanada Pipelines vice-president Karl Johannson said the company hoped to have natural gas service restored by Tuesday. He suggested some communities could have gas back by Monday night.

There were no reports of injuries from the fiery blast, but Johannson apologized and promised that the company would cover any direct losses people experienced. He thanked neighbours for helping each other by sharing space heaters and accommodation.

Municipalities in the region had set up warming centres, but they were virtually empty.

"It's great news because it means people have been very self-sufficient," Hanover municipality spokeswoman Heather Chambers Ewen said.

THE CANADIAN PRESS

RICK MERCER REPORT
This week, Rick rides the rails at the West Coast Heritage Railway Park in Squamish, B.C.
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Netanyahu's son dating a non-Jew from Norway

Israel. News causes uproar from religious lawmakers against intermarriage

Israeli PM Benjamin Netanyahu, centre, with his sons Yair, background, and Avner, right, at the Western Wall. URIEL SINAI, POOL, FILE/THE ASSOCIATED PRESS

The love life of Prime Minister Benjamin Netanyahu's son is setting off sparks — in Israeli politics.

News that 23-year-old Yair Netanyahu is dating a statuesque non-Jewish Norwegian university student was not only a juicy item for the gossip pages. It also unleashed an uproar from religious lawmakers opposed to intermarriage, and prompted debate over the Jewish state's relationship with the outside world.

According to reports in Norwegian media, the Israeli prime minister boasted to his Norwegian counterpart, Erna Solberg, about the relationship during a meeting at the World Economic Forum in Davos last week and informed her that his son recently visited Norway with his girlfriend, Sandra Leikanger.

A photo of the smiling young couple appeared in Israeli and Norwegian papers.

On Monday, the leader of the ultra-Orthodox Shas party said he believed the relationship actually caused Netanyahu and his wife great "heartache." Arieh Deri told a local radio station the relationship was no mere personal matter because Netanyahu is a "symbol of the Jewish people."

Netanyahu's office declined to comment, as did Leikanger. THE ASSOCIATED PRESS

U.S. steelworkers

No pay to change clothes: Top court

The top U.S. court says steelworkers do not have to be paid for time they spend putting on and taking off protective gear they wear on the job.

The court was unanimous Monday in ruling in favour of United States Steel Corp. over workers' claims that they should be paid. THE ASSOCIATED PRESS

Journalistic cheat

No law licence for disgraced journalist: Court

The California Supreme Court denied a law licence to a former journalist who was caught fabricating dozens of stories. The court ruled that Stephen Glass, 41, had insufficiently rehabilitated himself in the years since his misdeeds. THE ASSOCIATED PRESS

NSA. Spy agencies using apps like Angry Birds to get data, docs suggest

Documents leaked by former NSA contractor Edward Snowden suggest that spy agencies have a powerful ally in Angry Birds and a host of other apps installed on smartphones across the globe.

The documents, published Monday by The New York Times, the Guardian, and ProPublica, suggest that the mapping, gaming, and social networking apps which are a common feature of the world's estimated one billion smartphones can feed America's National Security Agency and Britain's GCHQ with huge amounts of personal data, including location information and details such as political affiliation or sexual orientation.

The size and scope of the program aren't publicly known, but the reports suggest that U.S. and British intelligence easily get routine access to data generated by apps such as the Angry Birds or Google Maps.

The joint spying program "means that anyone using Google Maps on a smartphone is working in support of a GCHQ system," one document from the British eavesdropping agency is quoted as saying. The NSA said that the communications of those who were not "valid foreign intelligence targets" were not of interest. "Any implication that NSA's foreign intelligence collection is focused on the smartphone or social media communications of everyday Americans is not true," NSA said. THE ASSOCIATED PRESS

Italy

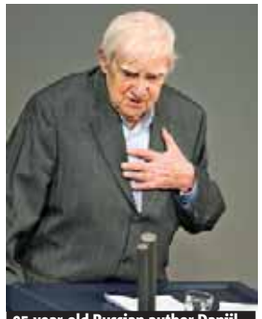
Italian officials condemn threats against Jews

Italy's president has condemned threats against Rome's Jewish community in recent days, including the delivery of packages containing pig heads, as a "miserable provocation".

President Giorgio Napolitano said Monday during Holocaust Memorial Day commemorations that recent insults to the Jewish community are "comparable only to the repugnant material in those packages." Police have detained two men.

THE ASSOCIATED PRESS

Holocaust. Victims of the Nazi army's siege of Leningrad honoured



95-year-old Russian author Daniil Granin at Germany's Parliament. THE ASSOCIATED PRESS

German lawmakers have honoured the victims of the Nazi army's three-year siege of Leningrad as part of this year's Holocaust Remembrance Day.

Daniil Granin, a 95-year-old Russian survivor, recounted in a speech to the German Parliament on Monday how thousands of people died of starvation each day during harsh winters in Leningrad, now the Russian city of St. Petersburg.

The siege began in September 1941.

THE ASSOCIATED PRESS

Auschwitz 69 years after liberation

Survivors arrive at a ceremony marking the 69th anniversary of the liberation. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Survivors, Israeli officials. Ceremony at the Auschwitz-Birkenau memorial marks the notorious camp's liberation

A European Jewish leader condemned anti-Semitism as a crime on Monday as Auschwitz survivors and Israeli officials marked 69 years since the liberation of the Nazi death camp.

The ceremony at the Auschwitz-Birkenau memorial took place on International Holocaust Remembrance Day, established by the United Nations in memory of some six million Holocaust victims, and some 1.5 million victims of Auschwitz, who were mostly Jews.

Some 20 survivors walked through the gate that bares the infamous "Arbeit Macht Frei" (Work Makes You Free) sign and laid a wreath at the former camp's Executions Wall, where the inmates, mainly Polish resistance members, were shot to death.

Half of the Israeli legislature joined the survivors for the observances that included visits to the red brick Auschwitz barracks which house a collection of the victims' belongings and hair, and a list of names of Jews who perished. In a ceremony in Birkenau they heard from a survivor. THE ASSOCIATED PRESS

Sad day still

"A miserable provocation."

Italian President Giorgio Napolitano. Commenting on threats against Rome's Jewish community in recent days, including the delivery of packages containing pig heads to Rome's main synagogue.

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A protester guards the barricades in front of riot police in Kyiv on Monday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine president offers to scrap anti-protest laws

The government steps back. Eliminating the laws will likely be done in a special parliament session Tuesday

Ukraine's beleaguered president on Monday agreed to scrap harsh anti-protest laws that set off a wave of clashes between protesters and police over the past week, a potentially substantial concession to the opposition that stopped short of meeting all of its demands.

In a possibly major sticking point, a proposed amnesty for arrested protesters would not be offered unless demonstrators stopped occupying buildings and ended their round-the-clock protests and tent camp on Kyiv's central Independence Square, according to a statement by Justice Minister Elena Lukash on the presidential website.

President Viktor Yanukovych has been under increasing pressure since he pushed the tough laws through parliament, setting off clashes and protests in other parts of the country in a sharp escalation of tensions after weeks of mostly peaceful protests over his rejection of a deal to deepen ties with the 28-nation European Union.

At a meeting between top opposition figures and Yanukovych late Monday "a political decision was made on scrapping the laws of Jan. 16, which aroused much discussion," Lukash said.

She made no mention of a key opposition demand — that Yanukovych resign.

One of the opposition figures, Arseniy Yatsenyuk, turned down the prime minister's job, which Yanukovych had offered him on Saturday, the statement said.

THE ASSOCIATED PRESS

Harper's piece

Prime Minister Stephen Harper expressed concern Monday that Ukraine is backsliding toward its communist past under the Soviet Union.

- Harper's remarks represented a dig at Russian President Vladimir Putin, who has been accused of exerting pressure on Ukraine President Viktor Yanukovych to curb his country's overtures to the West.

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Syria. Senior figure in al-Qaida-linked group reportedly killed

A senior figure in an al-Qaida-linked group in Syria has been killed in a bloody dispute with rival rebel factions that has raged for more than three weeks across opposition-held parts of the country, activists and an Iraqi intelligence official said Monday.

Heavy fighting between the Islamic State of Iraq and the Levant and rival rebels has left more than 1,400 people dead across northern Syria since Jan. 3. The clashes, which erupted after months of growing resentment against the Islamic State's heavy-handed tactics in the territory under its control, are the most serious among the opponents of Syrian President Bashar Assad since the country's civil war began.

The senior militant, an Iraqi who went by the nom de guerre of Haji Bakr, was killed earlier this month in the town of Tal Rifaat in the northern province of Aleppo, according to the Britain-based Syrian Observatory for Human Rights monitoring group. That corresponded to reports provided by two activists based in the city of Aleppo, Hassan Kattan and another who spoke on condition of anonymity for security reasons.

THE ASSOCIATED PRESS

Chemical weapons

On Monday, the international mission ridding Syria of its chemical weapons said a second batch has been removed from the country.

- The UN and the Organisation for the Prohibition of Chemical Weapons said the materials were verified before being loaded onto Danish and Norwegian ships and taken out of the country.

Tunisia. Progressive new constitution passed

After decades of dictatorship and two years of arguments and compromises, Tunisians finally have a new constitution laying the foundations for a new democracy.

The document is groundbreaking as one of the most progressive constitutions in the Arab world — and for the fact that it got written at all. It passed late Sunday by 200 votes out of the 216 seats in the assembly of the Muslim Mediterranean country that inspired uprisings across the region after overthrowing a dictator in 2011.

"This constitution, without being perfect, is one of consensus," assembly speaker Mustapha Ben Jaafar said after the vote. "We had today a new rendezvous with history to build a democracy founded on rights and equality."

In a statement, UN Secretary-General Ban Ki-moon said that "Tunisia can be a model to other peoples who are seeking reforms."

THE ASSOCIATED PRESS

Members of the Tunisian National Constituent Assembly celebrate the adoption of the new constitution in Tunis, Tunisia on Sunday.

AIMEN ZINE/THE ASSOCIATED PRESS

Brazil

Bus-bulldozer crash leaves 14 dead, 21 injured

Brazilian authorities say 14 people were killed after a passenger bus slammed into a bulldozer that had fallen from a truck transporting it. Police say the accident happened in the northeastern state of Bahia. Local media reports citing hospital officials say at least 21 people were also injured.

THE ASSOCIATED PRESS

Trierweiler

France's former first lady reappears

In her first public appearance since the French president broke up with her, Valerie Trierweiler bristled Monday when asked about her future during a charity visit to India and said, "don't worry about me." Trierweiler did not address the scandal directly during a news conference with Action Against Hunger.

THE ASSOCIATED PRESS

Public knowledge

Crime records go online in Sweden

A website that lets Swedes check each other's criminal records has sparked a debate about the privacy of ex-convicts and their right to move on with their lives. Such databases are available in the United States, but aren't common in Europe, where privacy protection laws are typically stricter. By searching the Lexbase database, users can find out if a person has been convicted of a crime in the past five years. THE ASSOCIATED PRESS

Nigeria

Dozens killed in rebel attacks

Suspected Islamic extremists used explosives and heavy guns to attack a village and worshippers during a Christian church service in Nigeria's northeast, killing at least 99 people and razing hundreds of homes, officials and witnesses said Monday. THE ASSOCIATED PRESS

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Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
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A coffee mug in anti-corruption activist Alexei Navalny's office in Moscow has a portrait of Russian President Vladimir Putin printed on a sticker that says "Thief." Navalny launched a website Monday that shows suspected cost overruns and conflicts of interest at the Sochi Winter Olympics. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Corruption at Sochi games? Nyet, says Putin

Russian roulette. Website claims Russia spent twice as much as necessary to build 10 of the Olympic venues

An interactive website launched Monday by anti-corruption activist Alexei Navalny paints a vivid picture of suspected cost overruns and conflicts of interest at the Sochi Winter Olympics.

Russia has spent about $51 billion US to deliver the Sochi Olympics, which run Feb. 7 to 23, making them the most expensive games ever, even though as a winter event it hosts many fewer athletes than summer games do.

Allegations of corruption have dogged preparations for the Sochi Games for years. Navalny's new website — Sochi.FBK.info — combines data gathered during his own investigations along with media reports and other activists' analysis.

Using colourful graphics, the website makes a wide range of data accessible in English and Russian.

President Vladimir Putin has rejected claims about rampant corruption in Sochi, saying the inflated prices were due to the honest mistakes of investors who underestimated the costs.

A 2012 report by the government's Audit Chamber found about 15 billion rubles (about $500 million US) in "unreasonable" cost overruns in the preparations for the Sochi Olympics.

Auditors found that the work of some staff members at Olympstroi, the state company in charge of Sochi construction, between 2008 and 2010 was "conducive to incurring unreasonable cost overruns." At least three criminal investigations against Olympstroi employees have been opened, but none of them has reached court. Olympstroi has since changed its management.

The games were not covered by Russian laws on tenders and procurement, making officials unaccountable for the money spent.

Olympstroi "is even less transparent than companies in (Russia's) state-owned sector, where corruption is rife," said Ivan Ninenko, deputy director of Transparency International in Moscow.

THE ASSOCIATED PRESS

Conflicts of interest

Alexei Navalny's new website lists several Sochi construction projects with evident conflicts of interest.

- The Ice Cube curling stadium was built by a company controlled by businessman Alexander Svishchev, the father of Dmitry Svishchev, president of the Russian curling federation.
- Through a majority-owned subsidiary, Arkady Rotenberg, Putin's childhood friend, holds nearly 39 per cent of Mostotrest, which amassed a dozen Olympics-related state contracts to build nearly all of the highways in the area.
- Mostotrest's contracts in Sochi amounted to $3.1 billion US, including a $1.6-billion US bypass for Sochi, as well as tunnels, bridges and railroads, the company confirmed.
- Mostotrest won the $1.6 billion US bypass contract after firms owned by tycoons Oleg Deripaska and Roman Abramovich dropped out in 2009. Mostotrest offered to build the road for 59.36 billion rubles, just barely below the maximum state price of 60.9 billion rubles.

Advocacy groups call out Bell for data collection

Consumer rights. Gathering the watching, clicking and calling of wireless customers who pay for telecom service has led to complaints

Consumer groups are challenging Bell Canada's tracking of how its wireless customers use the web, what they watch on TV and their phone call patterns in order to deliver targeted online advertising.

Bell is going beyond its role as a provider of telecom services, according to the Public Interest Advocacy Centre and the Consumers' Association of Canada.

"What you're paying for is an uninterrupted telecom service, not for an ad-based service supported by behavioural targeting, which is the Facebook-Google model," lawyer John Lawford of the Public Interest Advocacy Centre said Monday.

The consumer groups have filed a complaint with the Canadian Radio-television and Telecommunications Commission, describing the practice as an abuse of privacy. They want Bell to be ordered to stop collecting the data.

The CRTC said it was studying the complaint and wouldn't comment further.

The Office of the Privacy Commissioner of Canada said Monday that it has received more than 150 complaints about Bell's data collection.

It is investigating whether collecting this data is compliant with the Personal Information Protection and Electronic Documents Act, the federal law which covers the collection, use and disclosure of information in commercial activities.

Bell said its data collection program isn't breaking any federal telecom rules or privacy guidelines and noted that customers can opt out at any time.

With or without your name

In the U.S., big telecoms Verizon and AT&T also allow their customers to opt-out of data sharing, but critics have said that even with personal identities stripped out the information still can be sold to third parties who would get a profile of customers' habits and interests.

Rogers said it doesn't track customer information the same way that Bell does. But Rogers does note that its privacy policy says it uses "cookies" or messages to find people's accounts. Rogers also says advertisers who place ads with Rogers.com may use cookies to record web browsing activity.

Rogers also has a program for its customers to sign up for text messages that will alert them to deals when they are near specific retailers.

THE CANADIAN PRESS

Rouge

Air Canada's discount carrier adding routes

Air Canada is adding service to more sun destinations on its low cost Rouge subsidiary this spring and summer as it continues to transfer older aircraft from its main fleet.

The airline said Monday that it will be adding new routes from Toronto and Montreal. THE CANADIAN PRESS

Market Minute

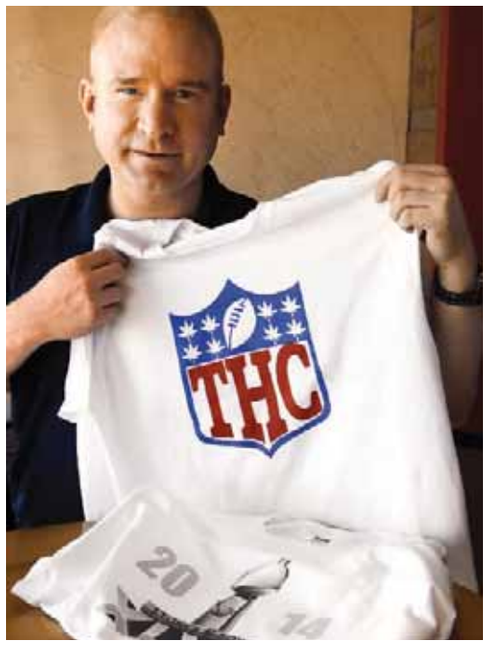
DOLLAR
89.99¢ (-0.32¢)

TSX
13,582.29 (-135.47)

OIL
$95.72 US (-$0.92)

GOLD
$1,263.40 US (-$0. 90)

Natural gas: $4.93 US (-$0.22)
Dow Jones: 15,837.88 (-41.23)



Tees, tokes and touchdowns

Bryan Weinman is pictured with Stoner Bowl T-shirts in Denver Friday. Weinman and a few buddies registered the Internet domain www.stonerbowl.org and are using the site to hawk T-shirts and hats celebrating the Stoner Bowl between the Seattle Seahawks and Denver Broncos — the NFL teams from the two states that have legalized pot. THE ASSOCIATED PRESS

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45	16	13	23	17	33	22
65	61	41	146	94	285	183

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$650M deal. Saks Fifth Avenue coming to T.O. after Hudson's Bay sells flagship

Hudson's Bay Co. plans to open a pair of Saks Fifth Avenue luxury department stores in Toronto, the first such locations in Canada.

The retailer says one store will share space with HBC's flagship store in downtown Toronto, while the second store will be at the Sherway Gardens mall, in the city's west end.

The news came as HBC announced a deal to sell and lease back its main downtown Toronto store and executive offices to Cadillac Fairview for $650 million.

HBC will lease back the properties for 25 years with options to extend the leases nearly 50 additional years.

The company says it will use the cash from the sales to pay down debt and fund growth.

The HBC flagship store is across the street from Cadillac Fairview's Eaton Centre, which recently landed Seattle-based Nordstrom as a tenant in some of the space being vacated by Sears. THE CANADIAN PRESS

A man leaves the downtown Toronto flagship Hudson's Bay Co. store Monday.
THE CANADIAN PRESS

Booking.yeah. Travel site goes from Google searches to guffaws with new ads

When Canadian Darren Huston was recruited to join the leadership team at the Priceline Group, he sheepishly had to admit he'd never heard of the biggest company in the group's corporate stable.

No, not Priceline, the travel bidding site popularized by the wacky ads starring fellow Canuck William Shatner. The biggest company in the group is Booking.com, a challenger to the likes of Expedia, Orbitz and Travelocity that's big overseas but little known on this side of the pond. A minute-long TV spot titled "Booking.yeah" aims to change that.

The ads show anxious travellers preparing to open the doors to their rental properties while an amusingly over-the-top voiceover grows increasingly enthusiastic and uses "booking" as a euphemistic adjective.

Huston said the ads were designed to make Booking.com more memorable, given much of its business comes through Google searches, not because they're familiar with the company.

"We were a blue link in Google, we were like a utility that was very effective but had no personality," he said.

THE CANADIAN PRESS

Booking funny?

The new ad campaign Darren Huston returned home to promote is a funny take on the travelling challenge of "booking right."

- "You got it booking right," "it doesn't get any booking better than this," and "look at the booking view, this is exactly what you booking needed" are a few of the commercial's one-liners, which some will find puerile and others will find hilarious.

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THEY'RE JUST NOT INTO YOU

SHE SAYS

Jessica Napier
metronews.ca

While most of us can't imagine going through life without experiencing some form of carnal desire, researchers estimate about one per cent of the population — up to 70 million people worldwide — have absolutely no sex drive. Not in a, "No honey, not tonight. I have a headache," kind of way but an ongoing disinterest in sexual behaviour with members of the same or opposite sex.

According to the Asexual Visibility and Education Network, an asexual person is a person who does not experience sexual attraction. Anthony Bogaert, a professor in the psychology department at Brock University, refers to asexuality as the "fourth sexual orientation," distinct from heterosexuality, homosexuality or bisexuality. Like other sexual orientations, asexuality is classified as an intrinsic part of a person's identity and not something that can be turned on or off.

Some couples might lose interest in sexual activity during particular phases in their relationships — following childbirth or while faced with health problems or personal struggles — but these issues are usually a temporary concern rather than an innate and enduring absence of desire. Asexuals do not choose to abstain from sex for religious or moral reasons; it is not the result of some traumatic childhood event or because they haven't found the right person.

For those who identify as asexual, this apathetic attitude toward sex is much more than just a simple dry spell or an empty vow of celibacy following a bad breakup. Many feel confused and isolated as they come to terms with their asexuality in our hyper-sexualized culture. I can imagine it would be hard not to feel like an outsider in a society where people read erotic paperbacks on the bus and talk about sexual positions in graphic detail over brunch.

It's important to remember that sexuality exists on an extremely vast and complicated spectrum. From pansexuals to polyamorous to demiromantics to autosexuals, there exists a veritable alphabet soup of sexual preferences and expressions.

And while different forms of categorization can be helpful in promoting visibility, educating others and developing a sense of community, labelling shouldn't be done for negative or exclusionary purposes.

Sexual desire might be one of our most basic biological instincts, but that doesn't mean we should judge those who choose to have intimacy without intercourse. Accepting sexual diversity means recognizing the many different forms of attraction and giving others the freedom to embody their own sexuality, even if that means not at all.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hockey, played Down Under

MATT ROBERTS/GETTY IMAGES

Gasp! Not much of a spectator sport

Athletes for Western Australia and Victoria contest for the puck at the 2014 Australian Underwater Hockey Championships on the Gold Coast, Australia. The sport, also known as octopush, was invented in England in the 1950s by a scuba diver as a way of keeping his fellow divers fit and enthused over the winter months. METRO

Water world

- **Teams.** Six players a side, with four substitutes each.
- **Gear.** Snorkel, mouthguard, water polo hat with ear guards, mask, fins, stick, and protective gloves.
- **Breath.** Too deep a breath will make you too buoyant.

Clickbait

TAKARA SMALL
takara.small@metronews.ca

This weather may be testing the patience of millions of Canadians from coast-to-coast but that doesn't mean that your style has to suffer. There are a host of apps that are dedicated to helping you stay stylish without leaving your house because, let's admit it, you're probably more likely to cruise online deals than the malls these days.

GETTY IMAGES

@ClothApp:
Use real-time weather data to pull together your outfit for the day. Selflessly snap as many selfies as you want and then choose from a virtual catalogue that pairs your clothes with the weather. Literally the perfect app for rain or shine.

@Stylekick:
Why waste time searching various fashion sites when you can simply snap photos of your wardrobe and then find the right size and style online. With a click of a button you can find clothes that suit your size, which helps a lot since 40 per cent of online purchases are reportedly returned because of bad fit.

Twitter

@metropicks asked: A brew coming to B.C. costs $150/bottle. What freebies would be required for you to buy the beer?

@funkymagee: Probably about forty-nine other bottles.

@MichaelJSealy: Any freebie that I could come up with to justify 150 bones for a Brewski, would have to do with cleavage and be very naughty :-/

@ChrisGoudge1: Three or four 24s would make it worthwhile

@Adrian_Cgy: bag of weed

@Hanksterific: Nothing!

@FrenchmanCanada: at that price it better pour itself

@etihWynoT: I could see spending $150 & sipping it for a special occasion, but at 28% alc. it should come with G2 & Ibuprofen.

Follow @metropicks and take part in our daily poll.

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SCENE 2

DVD review

Rush

Director. Ron Howard

Stars. Daniel Brühl, Chris Hemsworth, Olivia Wilde

●●●●○

You'd expect a movie about Formula One racers to cut to the chase, but director Ron Howard takes his time establishing the ego vs. egghead rivalry between 1976 top guns James Hunt (Chris Hemsworth) and Niki Lauda (Daniel Brühl). This is no mere thrill ride by two real-life rival speedsters, although it is certainly that. The film also provides a sobering look at what it takes to be a true champion. When the engines really start, the fact-based story by Peter Morgan (The Queen) locks in. It smoothly shifts gears between involving entertainment and serious drama, seeking to understand the competitive drive to succeed at all costs. The film is highly commercial, but also thoughtful and suspenseful. Do yourself a favour and don't Google the result prior to seeing. Extras include deleted scenes and making-of featurettes.

PETER HOWELL

Sipping with a song queen

Simone Osborne. Soprano is prepping her pipes for Canadian Opera Company's latest production

DOBBER DATES
Andrew John Virtue Dobson
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Simone Osborne describes herself as a "young Canadian soprano travelling the world to sing high notes."

In 2013 she did just that, wowing international audiences in Japan, Switzerland, Dubai and Paris. She moved to Toronto five years ago from Vancouver, making a big splash in 2008 as one of the youngest winners of the Metropolitan Opera National Council Auditions in New York City. Her career has soared ever since.

On Sunday, Feb. 2, Osborne takes on the role of Oscar in the Canadian Opera Company's A Masked Ball. This classic Verdi opera — the tale of a tragic love triangle — has been contemporized, taking place in an imagined American South and drawing on the political landscape of the Kennedy era.

So I thought it was fitting for us to start our date at King West's Home of the Brave, knocking back a few Bourbon spiked cocktails. Throughout the evening we devoured endless plates of finger-licking-good Americana munchies: Chicken and waffles covered in spicy maple and crispy Maryland crab cakes.

Simone Osborne enjoys a cocktail at Home of the Brave on King Street West. ANDREW JOHN VIRTUE DOBSON/FOR METRO

I ask Osborne what comes to mind when she thinks of Jackie Kennedy. She gushes, "Heaven! She was glamorous, yet so refined." Osborne lives and breathes these very character traits, tossing back her lush brown hair with a cool calm and throwing in a few giggles when the time is ripe.

When asked about singing on stage in this re-imagined classic, she says that "audiences will love the modern interpretation, it stays true to the music and the themes that Verdi was writing about."

Where does Toronto's globe-trotting opera belle spend her time when in town? You'll likely find her at the Soho House. "I curl up by the piano and can study for hours on end. Because I travel so much for work, to be in a place where lots of my friends and colleagues frequent is great. You're studying a German aria some Tuesday afternoon and a friend you haven't seen in six months pops in for a cup of tea."

Out of patriotic curiosity, I ask her whether the rest of the world perceives the Canadian Opera Company as a tour de force.

"There is something exciting happening, something new, they are bringing back Canada's best artists," she says.

"There's a history of North American performers going over to Europe as there is so much more opportunity. Why not bring back the greatest Canadians and show what they can do on a Canadian stage?"

Details

A Masked Ball takes the stage at the Four Seasons Centre for the Performing Arts on Feb. 2 for an eight-performance run, 145 Queen St. W. Tickets start at $12 and can be purchased online at coc.ca or at the box office.

- **Pre-show.** Enjoy dinner at Drake One Fifty where a pint of craft beer is best paired with the restaurant's crave-worthy burger.
- **Post-show.** After the show, hop across University Avenue and sip a sparkling nightcap at Momofuku Nikai.

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No two scenes the same for Strahovski

24/7 on set. Up-and-coming screen star refuses to be typecast as she takes on a serious spectrum of roles

NED EHRBAR
Metro World News in Hollywood

Aaron Eckhart and Yvonne Strahovski in I, Frankenstein. BEN KING

Between television turns on Chuck, Dexter and this summer's 24: Live Another Day, Australian actress Yvonne Strahovski squeezed in some time opposite Aaron Eckhart as a scientist with good intentions but evil bosses in I, Frankenstein. It's all part of her plan of keeping her work as diverse as possible — and learning the importance of saying no.

This role is a bit of a departure for you, genre-wise. What were your thoughts on the project and character when you first signed on?
It definitely feels like one of the bigger things that I've been a part of. I really liked the script — it had that real story of the monster finding its humanity within this action movie. And also I really loved that it's something really different than what I had been up to prior to that. I'd just wrapped up Chuck, the series, and this was something different.

A different character with a different accent and a different occupation, with a whole new world around her. She's got a big heart but she's also a really strong woman. She isn't a damsel in distress, she can stand up for herself, and she certainly does in the movie even though she's not a trained fighter or anything.

Do you find yourself seeking out roles like that?
I mean, I try and change it up, and I feel like so far I've been lucky enough to do so, whether it's playing Dr. Tera Wade, the electro-physiologist in the I, Frankenstein movie or playing a serial killer (on Dexter) or a 1930s New York gal on Broadway. You know, so far so good. I hope to keep changing it up in the future.

I don't know how much you're allowed to say about the new 24 series.
I'm not allowed to say too much, but I'm definitely in the throes of moving to London for the next half a year to shoot 24. I'll be playing a gal named Kate Morgan, who is hunting Jack Bauer when we meet her.

Yvonne Strahovski GETTY IMAGES

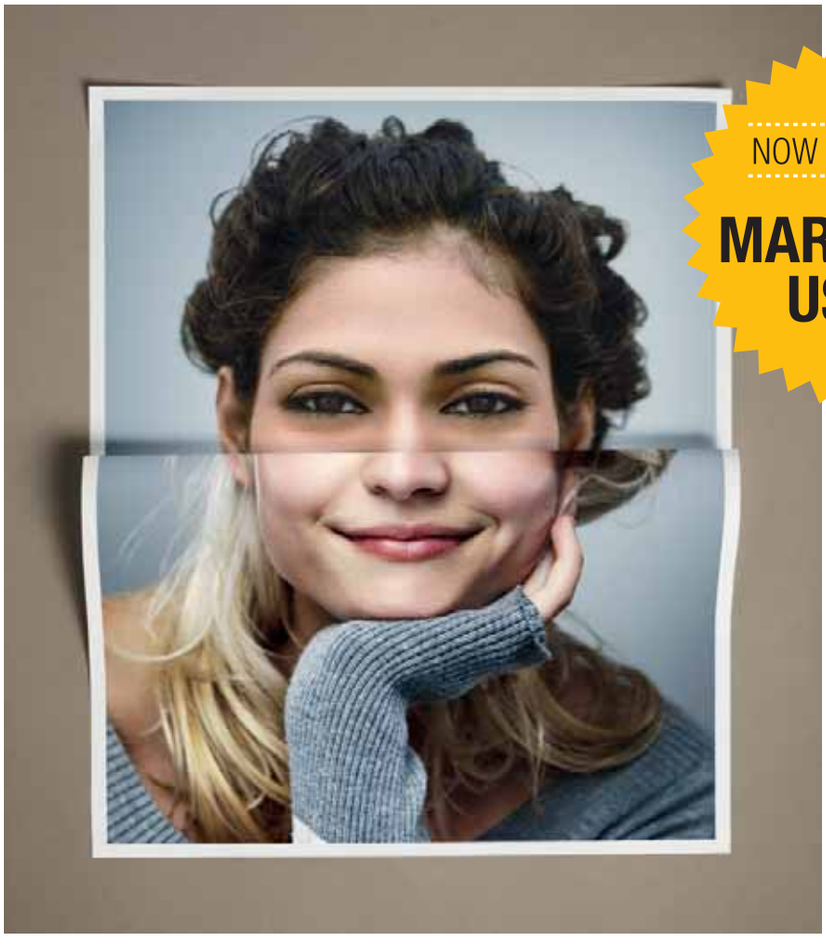
That's tantalizing.
Yeah, to say the least. (Laughs.) It's been what, four years, right? Since season eight finished? So many people are really excited about it. I didn't realize how many people were really big on following the show.

How do you find, going forward, striking a balance between movies and TV?
You read a lot of scripts, you hear about a lot of projects and you try and target certain things that you would like to do. It's hard. Like with any profession, you start off at the very beginning saying yes to a lot of different things because you just want to get on your feet and get your foot in the door. And as you create your body of work and get well-known and the years pass by, I think saying no is a really important thing to learn as well. It's as important as saying yes because you really craft your career in a certain way.

Change of face

I'd just wrapped up Chuck, the series, and this was something different. A different character with a different accent and a different occupation, with a whole new world around her.

Yvonne Strahovski,
on her role in I, Frankenstein



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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Serious slip-ups cast SMH shadow over song awards

MELINDA TAUB
Metro World News

The Grammy Awards would like everyone to know how very, very sorry they are about the death of what's-his-name.

Glee star Cory Monteith, who died last summer, was included in the Grammys' In Memoriam montage of musicians lost in the past year. However, the slideshow spelled his name "Cory Montieth."

Listen, Grammys, I know you're a drunken, long-winded stripper of an awards show, but if you're only going to spell-check one thing — one thing — it should probably be the names of deceased people. Maybe next year, have one fewer fake blood cannon and put that part of the budget toward a proof-reader.

Glee isn't the only one with a grievance against the Grammys: Trent Reznor is none to happy with them, either.

Reznor's band Nine Inch Nails gave the awards show's closing performance, along with Queens of the Stone Age, Dave Grohl and Fleetwood Mac's Lindsey Buckingham. Unfortunately, by the end of a four-hour ceremony, not even all that star power could induce people to wait around and listen — the Grammys began to roll the credits during the performance.

Reznor didn't take it lying down. "A heartfelt F— YOU guys," he tweeted.

Nigella Lawson

Police won't cross Nigella's white line

British police have decided not to investigate celebrity cook and author Nigella Lawson for admitting illegal drug use in a recent court case.

Police said Monday that "no further action" will be taken.

The 53-year-old Lawson told a court in December that she had used cocaine a handful of times but was not a regular user. She was testifying in the fraud case of two former aides.

A police statement says the decision was based on the need for police action to be "proportionate" and on whether further action would be in the public interest. The statement says further police action might deter victims from being candid with police and courts.

Police say they consulted prosecutors before deciding not to pursue charges.

Quentin ain't gonna to let us Gawk at his script

Quentin Tarantino sued the news and gossip website Gawker on Monday over a post that directed readers to a leaked copy of the Oscar-winning screenwriter's latest script.

Tarantino's lawsuit accuses Gawker Media LLC of copyright infringement for posting a link to the 146-page script for a planned film titled The Hateful Eight last week. A link to the script was posted on Gawker's Defamer blog and remained active on Monday afternoon, despite demands from Tarantino's lawyers to take it down, the lawsuit states.

An email sent to Gawker seeking comment was not immediately returned.

Tarantino blasted the leak last week in an interview with deadline.com and said he would abandon the project as a film. His lawsuit states he planned to publish the screenplay and that practice in the past has earned him hefty royalties and advances.

Quentin Tarantino

THE ASSOCIATED PRESS

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Review

Keep track of burned calories with Wii Fit U

MIND THE APP
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Wii Fit U
Nintendo Wii U
3 ½ Stars
Wii Fit's engaging yoga and aerobics mix is still too reliant on BMI even as it provides excellent balance feedback and, thanks to a new pedometer, calories burned. Be warned, the best dance and game activities now require two controllers.

Did you know...?

Avocados may halt overeating and snacking. Consuming as little as half an avocado during lunch can make an overweight person feel full longer, says a new Loma Linda University health study published in Nutrition Journal. Researchers found a 23 per cent increase in satisfaction and a 28 per cent decreased desire to eat for the following five hours, as compared with the avocado-free controlled lunch meal.

Ninety to 95 per cent of the vitamin D in your body comes from sun exposure. ISTOCK

How to get that vitamin D

Can't get enough. Obtaining vitamin D takes some strategies — especially during the winter months

VIRGINIA PELLEY
Metro World News in New York City

You know vitamin D is important for your health, and you've likely read that hardly anyone gets enough of it.

Many studies suggest that maintaining the amount of D recommended by the National Institutes of Health — 30 to 50 nanograms per millilitre in your blood — can help ward off high blood pressure, multiple sclerosis, fibromyalgia, diabetes, depression, some cancers and muscle weakness.

So how do you keep up a healthy level of vitamin D?

The best way is exposure to the sun in warmer months. "Ninety to 95 per cent of the vitamin D in your body comes from sensible sun exposure," Dr. Michael F. Holick, professor of medicine, physiology and biophysics at Boston University School of Medicine, says.

Skin needs to be exposed directly to the sun for your body to make vitamin D. A product with SPF 30 decreases your ability to make vitamin D by 95 per cent. Because dermatologists have been telling us for decades to never expose unprotected skin to the sun's cancer-causing rays, many people are understandably confused about how to get enough vitamin D from sun exposure.

"For some people, it could be 10 minutes, for others it can be 15," says Dr. Houman Danesh, director of integrated pain management at Mt. Sinai in New York City.

How can you get enough vitamin D from the sun during winter? Your body will access the vitamin D in your fat cells, and because most people don't get enough sun to make this crucial vitamin year-round, taking a supplement can also help.

Although the Institute of Medicine recommends 400 to 600 IUs of vitamin D for children and 600 to 800 for adults, Holick recommends 600 to 1,000 for kids, and as much as 2,000 to 4,000 IUs daily for adults. Pregnant and lactating women and the obese need more. Breast milk doesn't contain vitamin D, so Holick says that even breast-feeding infants need a daily supplement.

It's also impossible to get all the vitamin D you need from food. You would need to eat wild-caught salmon and other fatty fish such as mackerel and herring every day to get enough D. Vitamin D is added to many foods, such as milk, juice and cereal, however, and mushrooms can be irradiated with good amounts of vitamin D as well.

Because of conflicting recommendations and research about what vitamin D actually does, "doctors are struggling with who to check, if they should check and when to check vitamin D levels," says Dr. Robert Graham, an internist at Lenox Hill Hospital in New York City. "But I would argue that you need to get tested first to know at what level you are starting with, and figure out how much you need to supplement from there."

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Best Health Minute

How's your cholesterol?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

About 40 per cent of Canadians have high cholesterol, and it's one of the first warning signs for heart disease.

Ahead of Heart Month, which is February, in the latest issue of Best Health magazine we have a feature article by Diane Peters about how you can keep your cholesterol in check.

What is cholesterol? It's a fat that occurs naturally in the blood. High levels of low-density lipoprotein (LDL) cholesterol, known as "bad" cholesterol, lead to the buildup of plaque in the arteries, which can result in heart attacks and stroke. High-density lipoprotein (HDL) is the "good" cholesterol, as it moves LDL away from artery walls.

Risk factors: Men and women are at risk for high LDL cholesterol if they are inactive or overweight, smoke or eat an unhealthy diet. But there are thin people who are fit and eat the right foods who also have high levels. Cholesterol climbs with age for both men and women.

The only way to know if you have the condition is to get tested by your doctor.

How to prevent it: You can reduce levels by as much as 10 per cent by quitting smoking, exercising more and changing your diet.

A Mediterranean-style diet including fresh produce, olive oil and lean meats can reduce heart attacks and stroke risk by 30 percent. Cholesterol levels can be reduced by eating less butter, eggs, cheese, organ meats, shellfish and fatty meats such as sausage and bacon, and adding more soluble fibre and nuts into your diet.

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What's the healthiest way to Sesame Street?

A is for apple. Muppet-led preschool program that teaches kids about nutrition and exercise is seeing results

New Muppet Dr. Ruster, center, with, from left, Grover, Rosita, Elmo, Cookie Monster, Ernie and Bert. SESAME WORKSHOP/JOHN BARRETT/THE ASSOCIATED PRESS

Bert and Ernie jump rope and munch apples and carrots, and Cookie Monster has his namesake treat once a week, not every day. Can a Muppets mini-makeover improve kids' health, too?

A three-year experiment in South America suggests it can. Now, the Sesame Street project is coming to the United States.

Already, a test run in a New York City preschool has seen results: Four-year-old Jahmeice Strowder got her mom to make cauliflower for the first time in her life. A classmate, Bryson Payne, bugged his dad for a banana every morning and more salads. A parent brought home a loaf of bread instead of Doritos.

"What we created, I believe, is a culture" of healthy eating to fight a "toxic environment" of junk food and too little exercise, said Dr. Valentin Fuster, a cardiologist at New York City's Mount Sinai Hospital.

Six years ago, he started working with Sesame Workshop, producers of television's Sesame Street, on a project aimed at 3-to-5-year-olds.

"At that age they pay attention to everything" and habits can be changed, he said.

The need is clear as a third of U.S. children and teens are obese or overweight. They're at high risk for heart and other problems later in life.

For Sesame Street, the project offered a chance to improve the lives of young viewers and give a makeover to certain Muppets. The producers even made a doctor Muppet — Dr. Ruster (pronounced "Rooster") — in Fuster's image for the preschool project.

U.S. schools were initially reluctant, but project launched in Colombia when a wealthy family's foundation was willing to sponsor the experiment in Bogota.

It involved 1,216 children and 928 parents from 14 preschools. Some were given the program and others served as a comparison group.

Kids had training on healthy habits and how the body works for an hour a day for five months using Sesame Workshop-produced videos, a board game, songs and activities. Parents were involved through take-home assignments and workshops that focused on overcoming barriers to good food and exercise. For example, in areas with poor access to play spaces, parents were coached to encourage kids to use stairs instead of elevators and to walk instead of taking a bus.

Children's weight and exercise habits were measured at the start, one and a half years, and three years into the program. Although many moved or dropped out by the time the study ended, researchers documented a significant increase in knowledge, attitude and health habit scores among kids in the program versus the comparison group. The proportion of children at a healthy weight increased from 62 per cent at the start to 75 per cent at three years for those in the program.

In New York, where the program plans to launch in several early childhood and Head Start programs this spring and fall, project leaders will have to tackle under and overweight kids. THE ASSOCIATED PRESS

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ADVANCING GENERICS

After so long, why some couples still split

Divorce. More and more, retired couples seem to be calling it quits after decades spent together

The ubiquitous "Love couldn't keep them together" headlines blanketed social media after news broke that musical duo Captain and Tennille — who are both in their 70s — are divorcing after nearly four decades of marriage. The couple had no children together and no reason was given for the split.

While there are all kinds of factors at play when partnerships in business and love dissolve, is there anything in particular that can distinguish couples who divorce after decades together?

Markham, Ont.-based registered couples and family therapist Shyamala Kiru said after more than 10 years in practice, it's a pattern she's seeing more frequently — particularly among retired couples. And anecdotally, from her own practice, Kiru said increasingly it's women who are leaving men later in life.

"This generation that we're looking at is women in their 50s and 60s leaving their partners," said Kiru, chair of public relations for the Ontario Association for Marriage & Family Therapy. "Years ago, it wasn't as OK to make that choice. There weren't as many resources available to women."

She added, "I'm finding that as they're getting at a different stage — whether in the family life cycle or in their career — and they're experiencing a little bit more freedom, they're also experiencing that freedom to make different choices and to think differently about what they want."

Toronto-based couples therapist Karen Hirscheimer said the question of why any couple breaks up is complicated, but boils down to the primary focus on love, partnership and goodwill getting "lost to other things," citing resentment, unresolved grievances, neglect and diminished trust as possible examples.

When the dust settles...

Whether it's financial pressures, launching careers or having kids, there are many pressing issues that may need the immediate attention of a newly married couple — possibly causing the relationship itself to be left on the back burner, says couples therapist Shyamala Kiru.

Kiru recalled working recently with a couple who had been married for 37 years and were contemplating separation. Looking back at their relationship history, there had been issues that surfaced during the time of their engagement that were never really addressed.

"Now that kids have moved out and moved on, careers are winding down, and then you actually look at each other and say: 'Wow, we never really dealt with this stuff, and I'm not sure that I would have stayed in this marriage that long.'"

Toni Tennille, left, and Daryl Dragon, the singing duo known as Captain and Tennille, pose during an interview at their home in Washoe Valley, Nevada in 1995. The couple are divorcing after nearly four decades. DAVID B. PARKER/THE CANADIAN PRESS

Hirscheimer said much of the work she does is helping couples establish effective communications strategies and principles to follow that can help them keep — or recapture — the spark in their relationship.

She said if couples feel that they've reached a stalemate, feel like roommates or are lacking a connection, they should seek help sooner rather than later. Ideally both parties should be involved in counselling, but often one person can come in and sometimes it's enough to instigate change.

"The reality is, the relationship is a huge investment of time, energy, and nothing affects our mental well-being more than our relationship with our significant other," she said. "It's really important to keep that relationship healthy and connected."

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Kale and Fig Salad's got the goods

This recipe serves four. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

The secret to preparing kale is to give it a good rinse under running water. Then, hold the rib in one hand and grasp the leaves at the base with the other. Quickly pull your hands in opposite directions to remove the leaves for chopping and discard the stems.

FLASH FOOD

From your fridge to your table in 30 minutes or less

1. Rip or chop kale into bite-sized pieces and place into a large bowl. Drizzle with vinegar and oil. Toss in figs and pumpkin seeds.

2. Toss and let stand at room temperature about one hour before serving. Can be stored in the fridge up to 3 days, covered. It just gets better!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 bunch kale, rinsed, with ribs removed (about 6-7 cups)
- 2 tbsp raspberry balsamic (or other raspberry vinegar)
- 2 tbsp extra virgin olive oil
- 6 mission figs, chopped
- 1/3 cup roasted, salted pumpkin seeds

Health Solutions

Give a fig

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Dried fruit is to be used sparingly because it is quite calorie dense but, boy, does it add a lot!

High in both potassium and fibre, one or two figs make a great treat. To stretch their flavour and benefits without swallowing a calorie bomb, add them to other dishes.

- Chop figs into salads instead of the more typical mandarin oranges or strawberries
- Add to a smoothie for fibre and bulk as well as sweetness
- Cut in half and simmer 1 cup into 1 cup of water to make a fig paste for charcuterie plates
- Chop one into bits and top a pizza with blue cheese
- Add to a savoury rice pilaf with nuts

Anywhere you need little hit of sweetness, figs can contribute much more than their little shrivelled up weight.

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Blueberries, quinoa give salad a punch

Two of nature's superfoods — fresh blueberries and quinoa — team up with butternut squash to create a salad that's packed with protein, bursting with sweet and tangy flavor, and colourful enough to brighten the drab days of winter.

The protein in this salad comes from quinoa — one cup has a full gram more than is found in an egg.

1. Preheat oven to 450°F. In a large bowl, toss squash with 1 tablespoon of the oil. Spread on a rimmed baking sheet; bake until tender, about 22 minutes; let cool.

2. Meanwhile, in a medium saucepan, bring water and quinoa to a boil; simmer for 15-20 minutes. Remove from heat and cover; let stand 5 minutes. Fluff with a fork; cool.

3. In a small bowl whisk together remaining olive oil, lemon juice, salt and pepper; set aside.

5. In a large bowl combine squash, green onions, blueberries, arugula and quinoa. Drizzle with dressing; toss to combine. Serves six.

Quinoa can also be substituted with couscous.

NEWS CANADA/THE U.S. HIGHBUSH BLUEBERRY COUNCIL

Ingredients

- 1 pound butternut squash, peeled, seeded and cubed
- 4 tbsp olive oil, divided
- 2 cups water
- 1 cup raw quinoa, rinsed well
- 2 tbsp lemon juice
- 3/4 tsp salt
- 1/4 tsp pepper
- 4 green onions, thinly sliced
- 1-1/2 cups fresh, Chilean blueberries
- 3 cups baby arugula

This recipe serves six. NEWS CANADA

Why you shouldn't borrow for your RRSP

Save instead. As the March 3 RRSP deadline draws closer, you may get a pitch from your bank to borrow to make a contribution

Contribute from each pay cheque to your RRSP instead of borrowing. ISTOCK

As this year's RRSP deadline draws closer, chances are good that at some point you'll get a pitch from your bank or investment advisor to put some money into your Registered Retirement Savings Plan.

It's a good idea. As we live longer and fewer people can count on company pensions, we'll all need more to live on. So saving as much as possible for retirement should be a top priority. And the earlier you start, the better.

But what to do if you don't have the cash? Is it a good idea to borrow the money to make the March 3 deadline?

It is for the bank. If you borrow the money, you pay interest on the loan and maybe a fee as well. It is also likely you'll be directed to one of their mutual funds, where they earn more for managing the money.

Sure, you'll get a juicy tax refund in the spring. For a middle-income earner, the refund is between 30 to 40 cents on the dollar. That's $300 to $400 back for every $1,000 that goes into the plan. Even so, here are some things to consider before taking out an RRSP loan:

Why do you need it?

Is it because you don't have the cash or because you had the money, but didn't have the discipline to save?

"Most people should contribute every pay cheque," says Tom Hamza, president of the Investor Education Fund, a non-profit agency set up by the Ontario Securities Commission.

Setting aside even a little at a time is a heads-you-win, tails-you-break-even decision, setting you up for long-term gains. An annual loan means you're always on the debt treadmill. Hamza's advice if you borrow every year: Skip it this year, clear off the loan and then set up a payroll deduction plan with the same amount. "You'll have a positive habit you can build on," he says. His web site getsmarteraboutmoney.ca has a good borrowing-to-invest primer.

Refund risk

If you find it hard to pay as you go for retirement savings, it may be because you have loans for cars, carry high credit card balances or run up your line of credit. Maybe all three. Those payments eat into your cash flow. So in a situation like that, can you avoid the temptation to spend the refund?

Vancouver financial planner Diane McCurdy, author of How Much is Enough? says borrowing for an RRSP works best if your other debts are small, you are in a high tax bracket — or in a bracket where you pay the same tax year after year.

She tells clients who borrow to use the refund to pay down the loan. Once the loan is paid off, she advises they keep paying the same monthly amount to themselves for the balance of the year. "It means that next year you'll be ahead of the game," she says.

Other debts first

If you have those other debts, borrowing doesn't make sense, even if you have the cash. You'd have to have a pretty high rate of return on the RRSP to make it a good idea. Pay off the other debts first.

RRSP loans aren't tax deductible

Even at today's low interest rates, an RRSP loan at 3.5 per cent still means you have to earn at least 3.5 per cent on your investments to break even. Sure, the stock market was hot last year with Toronto shares prices up 10 per cent and U.S. stocks up 30 per cent. But in 2011, our market dropped 12 per cent and the U.S. by two per cent. It hurts to be repaying a loan for an investment that's worth less than you started with.

Hasty payment, hasty investment

Lump sums have a habit of burning a hole in our pockets. It may end up in the investment flavour of the season. Far better to have a plan and a gradual approach that smooths out ups and down with regular contributions.

Payment in kind

Finally, if you're short on cash, but have investments in a trading account, consider transferring the shares or fund units into your RRSP. You'll pay tax on the shares or units if you've made a profit, but it will be partly offset by the tax break on the contribution. TORSTAR NEWS SERVICE

Usage-based insurance in Canada?
What the Beep!
Select Canadian insurers have started offering usage-based car insurance on an optional basis. This option, while still new, may be a cost-effective solution for some drivers.
Find out what you could be paying and put more money in your pocket. Compare the car insurance market - all in one place.
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Strand by me: Helping girls find their gorgeous is the mane goal for Cloré

Labour of locks. Local hairpreneurs find beauty in their business

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Cloré Beauty Supply

What: A beauty and hair supply store

Where: 1126 Bloor St. W., Toronto

Why: "I think small businesses are what make our neighbourhoods colourful in opportunity and services. I think that it keeps us unique as a community and that's important for everyone," says Clara Jina Kim, vice president of Cloré Beauty Supply.

Cloré employees at Carnival 2012. CONTRIBUTED

Cloré Beauty Supply is one of the few family-run beauty and hair supply businesses in Canada. CONTRIBUTED

Cloré Beauty Supply store is more than just a hair and beauty shop. It's also a Canadian business helping burgeoning entrepreneurs in the community.

The family-run business started in 2011 and has four stores in Toronto with thousands of customers across Canada through its online site.

It is one of the few Canadian beauty and hair supply stores that also makes a point of sponsoring up-and-coming hairstylists and contributing to local causes — such as their recent hair donation to cancer victims.

"For us, we feel that it's very important to create a strong communication with the community not only for us but for the community to show our appreciation and give back what we can... not just by giving, but being involved, " says marketing assistant Claire Gina Kim.

Working for a small business like Cloré is a path that Yurie Kwon, a U of T graduate, would suggest young people follow.

The project manager believes the lure of working for a big company can be appealing, "especially if you just graduated and you don't know what you're good at. It would be good to take on as many responsibilities (as you can) to see what you like."

But for her, being able to directly effect change in her city is the most valuable aspect of her work.

"We want Torontonians and Canadian businesses to thrive because it ends up helping everyone."

Caring and sharing

"For us, we feel that it's very important to create a strong communication with the community not only for us but for the community to show our appreciation and give back what we can."

Claire Gina Kim
Cloré marketing assistant

E-laborate

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Snowboarding

McMorris quite mobile despite broken rib: Father

Olympic gold-medal favourite Mark McMorris is in "great spirits," despite a fall that fractured a rib and nearly derailed his dream.

Don McMorris, the snowboarder's father, says Mark is moving around quite well after the incident during Saturday's slopestyle event at the Winter X Games in Aspen, Colo.

"When we left him (Sunday), he could bend over and touch his toes because of where (the injury) is at," Don McMorris said Monday. "You know a cracked rib in the front, you couldn't do that, but where it's at (around the back), he could bend to his toes and could raise his knees up to kind of his chest."

A fractured rib usually takes six weeks to heal, so Mark McMorris won't have time to fully recover before the Games start Feb. 7.

THE CANADIAN PRESS

Hockey

NHL hesitant to collaborate with Olympics post-2014

The NHL has not decided whether to let its players participate in the Olympics beyond this year, casting doubt on who will be competing for hockey gold in four years. With the league set to push pause on its season for next month's Sochi Olympics, deputy commissioner Bill Daly also is allowing for the possibility of a security issue that could keep the players from travelling to Russia at all.

THE ASSOCIATED PRESS

Raptors break free of Nets to steal win

NBA. Toronto takes advantage of Brooklyn's botched inbounds play to snap division rival's 5-game winning streak

Patrick Patterson stole Deron Williams' inbounds pass and made the go-ahead jumper with six seconds left, and the Toronto Raptors stopped a five-game winning streak by the Brooklyn Nets for the second time this month with a 104-103 victory Monday night.

Brooklyn had a three-point lead with 17 seconds left behind Paul Pierce in his best game with the Nets, but John Salmons scored on a drive with 12 seconds remaining before Brooklyn took its last timeout to move the ball past halfcourt.

Patterson stole the pass and played give-and-go with Kyle Lowry before sinking his jumper. Pierce was well off on a final attempt.

Lowry finished with 31 points and seven assists for the Raptors, who moved 2 1/2 games ahead of the Nets for the Atlantic Division lead.

Pierce scored 33 points, making seven three-pointers in a strong bounce-back performance after going just 2-for-10 in his emotional return to Boston on Sunday. He had the Nets in position to win after scoring their last nine points before Toronto stole it.

The stunning turnaround deflated the crowd at Barclays Center for a back-and-forth game that drew a visit from several Seattle Seahawks, who will hold their Super Bowl media day Tuesday at the Nets' last home, the Prudential Center in Newark, N.J.

THE ASSOCIATED PRESS

Raptors guards Kyle Lowry, right, and Greivis Vasquez celebrate beating the Nets on Monday in New York.
KATHY WILLENS/THE ASSOCIATED PRESS

On Monday

Raptors	Nets
104	103

Seattle Seahawks cornerback Richard Sherman, left, takes a photo with a fan during the Raptors-Nets game. KATHY WILLENS/THE ASSOCIATED PRESS

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NHL. Coach says Kessel, van Riemsdyk are fine after apparent injuries

Practice had barely just begun on Monday morning when Phil Kessel hobbled off the ice.

The Leafs' leading scorer returned later, but did not participate fully in the drills.

Near the end of practice, the team's second leading scorer, James van Riemsdyk, left and did not return.

Having two-thirds of the Leafs' top line leave practice sent ripples of concern throughout the MasterCard Centre in Etobicoke.

The Leafs have been trying to cope with injuries to key players such as Dave Bolland and Trevor Smith.

If Kessel and van Riemsdyk are less than 100 per cent going down the stretch, the Leafs' playoff chances will certainly be dim.

Coach Randy Carlyle, however, was a picture of calm afterward as he was asked if his heart skipped a beat when Kessel left the ice.

"No, not at all," the coach said. "He had some issues before practice, so it wasn't a surprise for the coaching staff."

The Leafs' Phil Kessel stepped off the ice Monday after an apparent injury. JOHN WOODS/THE CANADIAN PRESS FILE

Carlyle cautioned fans and media from reading too much into the absence of the two stars for parts of practice.

He said that he would rather have them miss practice than to miss any part of the game against the Tampa Bay Lightning.

They both should be available by game time at 7 p.m. Tuesday night, Carlyle said.

TORSTAR NEWS SERVICE

Phoenix Open

Back pain could keep Mickelson from title defence

Phil Mickelson flew to Georgia to see a specialist about the pain in his lower back, hopeful of defending his title in the Phoenix Open.

Mickelson, who first felt soreness in his back while in Abu Dhabi, withdrew after making the 36-hole cut in the Farmers Insurance Open at Torrey Pines. He said he did not want to risk getting into bad habits by compensating for pain.

Mickelson met with Tom Boers, who told him his facet joints had locked up. THE ASSOCIATED PRESS

NFL

No radical changes ahead for Bills' D-line: Schwartz

Mario Williams and the rest of the Buffalo Bills defensive front can breathe easier with Jim Schwartz taking over.

The Bills' newly hired defensive co-ordinator indicated on Monday he has no plans to make drastic changes to the aggressive approach that made Buffalo one of the NFL's most feared pass-rushing teams last season.

And that means he intends to continue leaning on a Williams-led defensive line. THE ASSOCIATED PRESS

Broncos CB: 'I've had my fun in this league'

Super Bowl. Defensive star Rodgers-Cromartie mulling a post-NFL championship career change after six seasons

Dominique Rodgers-Cromartie is 27 years old, right in his prime as an NFL player.

Perfect time to retire.

The Denver Broncos cornerback said Monday he's giving serious consideration to hanging it up after the Super Bowl. He's not burned out, not worried about his health.

He just figures he's had a good run.

"I had a goal of playing five years, and I reached that," Rodgers-Cromartie said.

He's completed six seasons in the NFL, in fact, and could be in line to command plenty of money after making three interceptions in 2013. But Rodgers-Cromartie insisted that depending on how he feels after Sunday's game, he might call it quits.

He even knows what he would do instead of football. He'd go back to college and study psychology to become a guidance counsellor at his old high school.

"I had my fun in this league," he said.

Rodgers-Cromartie came out of Football Championship Subdivision's Tennessee State and figures he wasn't supposed to make it in the NFL at all from a small school, let alone surpass the average two to three years that players last in the league.

He wasn't a typical lower-division prospect, though, selected by the Cardinals with the 16th overall pick in 2008. Rodgers-Cromartie played three years in Arizona and two in Philadelphia before joining the Broncos.

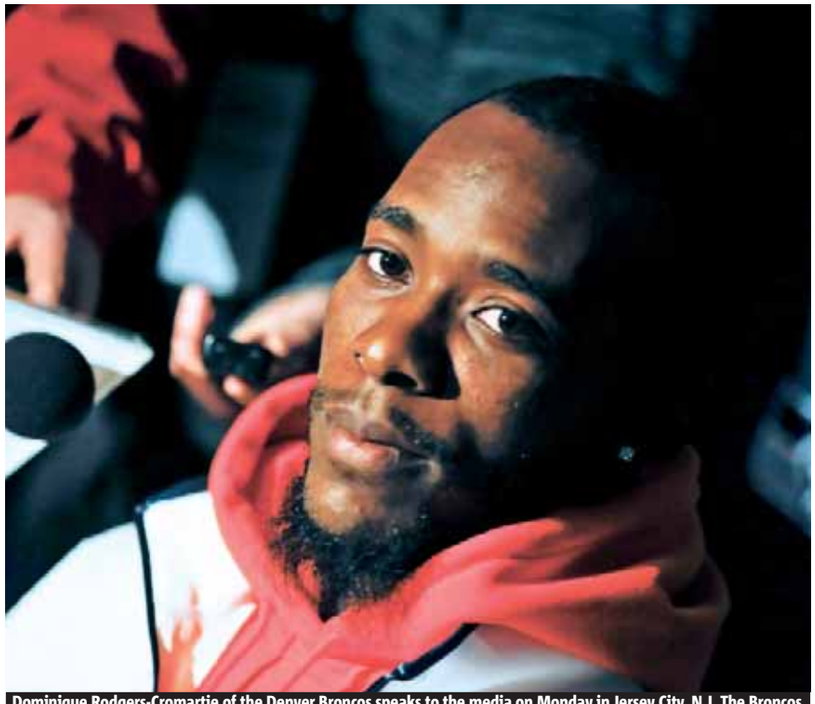
He regularly tells his teammates about his plan.

"They always think I am joking about it," he said.

Even if he sticks around next season, Rodgers-Cromartie can't imagine repeating the feat of fellow Denver cornerback Champ Bailey, who's in his 15th year in the league.

Asked about Bailey's longevity, Rodgers-Cromartie exclaimed a curse word in admiration, then added, "He can have that."

THE ASSOCIATED PRESS



Dominique Rodgers-Cromartie of the Denver Broncos speaks to the media on Monday in Jersey City, N.J. The Broncos cornerback says he is seriously considering retirement after his team plays the Seahawks at Super Bowl XLVIII at Metlife Stadium on Sunday. JEFF ZELEVANSKY/GETTY IMAGES

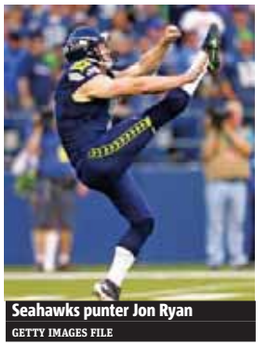
In need of guidance?

"I had a goal of playing five years, and I reached that."

Broncos cornerback Dominique Rodgers-Cromartie, 27, on considering retiring from the NFL after the Super Bowl following six seasons with three different teams.

Notes from New Jersey

- **Temperate title game.** The weather forecast for the first Super Bowl in an outdoor stadium in a cold-weather city is nothing out of the ordinary. National Weather Service meteorologist Anthony Gigi said Monday the forecast calls for temperatures to reach a high of 4C with a low of -3C. There is little threat of precipitation.
- **Bud bowl.** Seahawks coach Pete Carroll said Monday he supports Commissioner Roger Goodell's message last week that the league could consider medicinal marijuana as a treatment if science proved it could be beneficial for players who have suffered concussions.
- **Betting on a record.** Fans bet an unprecedented $99 million on the Super Bowl last year, and the Nevada gambling industry expects to break the record again Sunday.



Seahawks punter Jon Ryan GETTY IMAGES FILE

Canadian punter's city flies Seahawks flag

A flag is now flying at Regina City Hall to support the first Saskatchewan-born player to compete in the Super Bowl.

Punter Jon Ryan will be on the Seattle Seahawks' side of the field when they take on the Denver Broncos in the National Football League championship this weekend.

Regina Mayor Michael Fougere and members of Ryan's family raised the flag in the icy cold on Monday morning.

Fougere said it's important to support Ryan in the biggest game of his life.

Ryan was born in Regina and played college football for the University of Regina Rams.

He began his professional career with the Winnipeg Blue Bombers of the Canadian Football League.

Ryan's brother, Steve, and his mother, Barb, were among the family members that helped raise the navy-and-white flag Monday. They will also be among 15 family and friends travelling to MetLife Stadium in the New York area.

"I still haven't wrapped my head around the fact that (the Seahawks) are going to be there," said Steve Ryan. "It's going to be incredible."

The family is to leave for the Super Bowl on Thursday.

THE CANADIAN PRESS

Canadian fan club

"Through social media, phone calls, texts, he's just felt overwhelmed with the support."

Steve Ryan, Jon Ryan's brother

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Horoscopes

♈ Aries
March 21 - April 20
Don't get discouraged if something you attempt does not work out the way you expected it to – it is still good practice and may even take you in a profitable new direction.

♉ Taurus
April 21 - May 21
You have your sights fixed on certain goals and won't give up until you have reached them. However, cosmic activity in the area of your chart that governs dreams and desires warns you to get your ego out of the way.

♊ Gemini
May 22 - June 21
Make an effort to see things as they are, unclouded by wishful thinking or negative expectations. The planets indicate you can achieve more now than at just about any other time.

♋ Cancer
June 22 - July 23
Your confidence is high and you are intensely ambitious, but the planets warn that someone you think of as a friend is jealous of your success and plotting against you. Watch your back.

♌ Leo
July 24 - Aug. 23
Although you think you know what is going on you would still be wise to wait a day or two before making any major decisions.

♍ Virgo
Aug. 24 - Sept. 23
You need to make a serious effort to sort out your problems with partners and loved ones. You may not want to make the first approach but if you do you won't regret it. Show that you are ready to talk things through.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of authority will look on you kindly today. What have you done to deserve their support? Who knows, but you would be a fool not to make the most of it.

♏ Scorpio
Oct. 24 - Nov. 22
Anything of a creative nature will go well, but it will go even better if you make an effort to involve loved ones in what you are doing. Don't let others feel left out. Let them help you.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Aquarius makes you more sociable than usual and that's good because other aspects indicate that someone interesting is coming your way.

♑ Capricorn
Dec. 22 - Jan. 20
It may seem as if you are at the mercy of events and all you can do is go with the flow but is that the right sort of attitude? You're a Capricorn. You're supposed to make things happen. Show you have not lost your leadership potential.

♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to be impulsive but you may well throw caution to the wind today. And why not? Tomorrow's Sun-Uranus link suggests you can do no wrong.

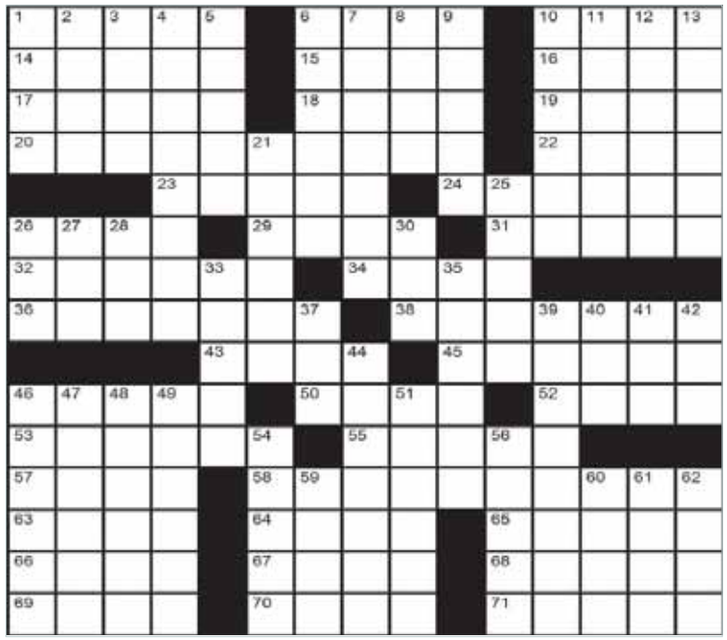
♓ Pisces
Feb. 20 - March 20
This is one of the most important times of the year for you, especially if you are fed-up with who you are and what you are doing and wish to transform your existence. So, who do you want to be and where do you want to be?

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

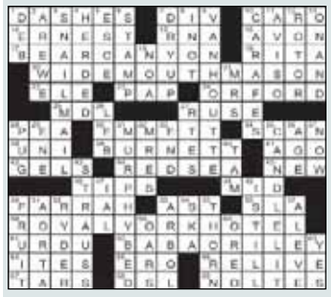
BY KELLY ANN BUCHANAN



Across
1. Squabbles
6. Canned meat
10. Dismal
14. __-on bag
15. Prefix to 'copter'
16. Ms. Olin
17. Once more
18. Designer Mr. von Furstenberg
19. Cdn. competition in 1972
20. Canadian snowboarding great/Olympian, Ross __
22. Honk
23. Polar Bear snacks
24. Odour-ous
26. Some cars
29. 'M' of Canadian writer L.M. Montgomery
31. Beneath
32. Opera legend Mr. Caruso
34. Has tea elegantly
36. Halifax: Mount Saint __ University
38. One of a cute "Star Trek" alien species
43. Just _ __ on the map
45. Bark (as of trees) in French
46. Thick tablets
50. "Star Trek: Deep Space Nine" character
52. Sure signs?
53. Environment
55. "Giant" (1956) ranch
57. Bodily structure, for short
58. Supported the vocalist: 2 wds.
63. Just in case...
64. __ d'Orsay, in Paris
65. Jargon
66. "General Hospital" role
67. Reverse
68. Small hill
69. Attention __
70. Collar type
71. Female fortune-eteller of ancient times

Down
1. Boo-boo in Al Pacino's 1983 flick
2. Book leaf side
3. 'A' in UAE
4. Mesozoic Era's first period
5. J.M. __ (Irish playwright)
6. 1962 Tommy Roe tune
7. Winged horse
8. Bunches: 2 wds.
9. Cooper cars
10. __-free bread
11. Flipped the house
12. Footwear accessory
13. Self-sacrificer
21. Kingston-born Celtic singer, Mary Jane __
25. Billboard's concern
26. Mr. Bacon, to pals
27. Pasta suffix, often
28. Prince Valiant's son
30. 'Said' in Sherbrooke
33. Discontinue
35. Ready-made, commonly
37. Pull along
39. Michael __ ("Cityline" chef, a Judge on "MasterChef Canada")
40. William to Harry, for short
41. TV kind
42. Mr. cummings of poetry, et al.
44. Twister
46. The __ (Speed metal band Canadian country star Corb Lund was in)
47. Baseball order to bat
48. 1960 film for Canadian actor John Qualen, "North to __"
49. Werewolf series on Space
51. Part
54. From Sea to Sea: 'A Mari __ ad Mare', Canada's motto
56. Converses

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		2		7		8	
7								6
		2	4		5	3		
	2		7	1	3		9	
	9						4	
	7		6	9	4		2	
		6	5		8	1		
4								2
	1		9		6		3	

Yesterday's Sudoku

8	2	1	3	7	9	4	6	5
7	6	3	4	1	5	9	2	8
4	9	5	6	8	2	7	1	3
6	3	2	8	9	7	1	5	4
5	8	7	1	4	6	3	9	2
9	1	4	2	5	3	8	7	6
3	4	8	7	2	1	5	8	9
1	5	8	9	6	4	2	3	7
2	7	9	5	3	8	6	4	1

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